

 Our trust against
trouble.

10

very expedient for the time, composed for
a better consolation, and consideration of
these crosses of warre, lately attempted,
and still intended a-
gainst vs.

*With diuers speciall prayers and Meditations,
very requisite to be remembred of vs, be-
fore, in and after the time of
our trouble.*

By Charles Gybbon.

2. Esdras. 16, 15.

Behold famine, plague, trouble, and
anguish, are sent as scourges for
amendement.

Scene and allowed.

At London,

Printed by Iohn Charlewood, dwell-
ing in Barbican at the signe of the halfe
Eagle and the Key, and are
there to be solde.

1589.
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To the right worship-
full Sir Iohn Heigham Knight,
long life and happy
daies.

THe prooffe of your worships good-
will, hath made me presume to present
these my paines under your fauourable pro-
tection: not doubting, but as your worship
zealous in Religion, conformable in li-
ving, and a supporter of godly enterprises, so
you will become a Patron to any good pro-
ceedings. Thus beeing lothe to trouble your
patience with any prolixius or tedious dis-
course not omitting my humble duetie, I
commit your worship to the tuition of the
Almightie.

Your worships
to commaund.

Charles Gibbon.

A. 2.

¶ To

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Your worships
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Charles Gibbon.

A. 2.

¶ To

*To the courteous and
Christian Reader.*

IF euery Christian well considering the course of his life, he shall finde nothing els but a continuall warre, for the Spirite hath three carnall enemies which daily incounter with it, the flesh, the world & deuill, what more filthy then the fruites of the flesh.

Rom. 8. 13 If ye liue after the flesh yee shall die what more wretched then the workers of the world.

1. Ioh. 5. 19 The whole worlde lyeth in wickednesse, what more detestable then the deedes of the deuill.

1. Pet. 5. 8, As a roring Lyon hee goeth about seeking whom he may deuoure.

Now if we will expell these enemies we must vse these remedies.

Rom. 8. 13 If wee mortifie the deedes of the bodye we shall liue.

1. Ioh. 5. 5 If we beleue that Iesus is the sonne of God, we shal ouercome this world.

Lam. 4. 7 If we resist the deuill he wil flie from vs.

And

and no doubt these externall troubles
 war (wherewith we were lately visi-
 fied) were sent of God for our good, to
 trie vs in this spiritual fight. For he
 considering the aduersaries readye to pre-
 uent vs, did (by the same scourge) put vs
 in mind of his indignation, because we
 had binne to faint in so good a fight. We
 had liued a long time in peace (the
 which should be praised for it and still prolong
 but wee haue abused this blessing,
 as *David* saide in our prosperitie (as *David* Psal. 30. 6
 we shoulde not be mooued. Our
 hearts haue lulled vs a sleepe in security,
 and the flesh hath followed all sensualitie,
 and the worlde hath bewitched vs with
 vaine vanitie, and the deuill hath nus-
 sed vs in iniquitie. - Insomuch that it
 is high time for the Lorde to touche
 vs with these troubles, least we had pe-
 rished in our sinnes, and although hee
 hath begunne very mildlie, in hope of
 our conuersion, we may be assured hee
 will proceede to punish vs more ex-
 tremelie, if there be no reformation.
 Therefore now let vs learne to amend
 And A. 3. our

our liues for feare of a further affliction. Let vs heare the word of God with more dilligence, and followe it in our life with more obedience, and though
 2. Cor. 10. 3. we liue in the flesh, let vs not warre after the flesh. Though wee are in the
 1. Cor. 7. 31 world, let vs vse it as though we used it not. Though the deuill dailie followe
 Ephes. 4. 27. vs, let vs not giue place to him.

Thus by resisting euill, wee shall grow in grace, and so by the meanes of our amendment, we shall pacifie the vvrath of God, and consequentlie appease the furie of our foes, which

GOD graunt.

Amen.

Yours in the Lord,
 Charles Gibbon of
Bury S. Edmond

A prayer for the good
protection of our gracious
Queene and
Realme.

*Ternall good and gracious God,
stretch forth thy sauing hand:
let not our sins prouoke thy wrath,
but looke vpon this land.
In thee we doo repose our trust,
as one that neuer faile,
vbuert both farre and fawning foes,
they neuer may preuaile.
Alas what are we of our selues
and want thee on our side,
not euen as chaffe against the wind,
not able to abide.
Extend therefore thy heauenly helpe,
and though there be but ten,
they shall affright ten thousand foes,
if thou doo say Amen.
Haue mercy on vs all O Lord,
for Christ our Sauours sake
Accept our prayers in good part,
and present pittie take.*

Remem-

Remember our good soueraigne Prince,
 thine owne annointed deere,
Expell her foes, increase her freends,
 no hurt may happen heere.
Give to her subiects faithfull harts,
 to loue her as they ought,
In any wise not to rebell,
 or thinke a wicked thought.
Not once to suffer or consent
 to harme her anie way,
As we by duetie all are bound,
 because she is our stay.



Prince,
nds,

* An other godly Prayer verie good and necessarie to be vsed in these troublesome dayes.

O Eternall & euerlasting Lord, although we thy wretches (by reason of our manifold sinnes and offences) are unworthy to cry or call vpon thee for comfort, in these thy crosses of tribulations come vppon vs: yet seeing (O Lord) thou hast willed vs in our trouble to call vppon thee, and thou wilt heare vs: and in the burden of our sins to come vnto thee, and thou wilt ease vs, wee presume to prostrate our humble prayers before the throne of thy maiestie, beseeching thee of thy rich mercy in Christ, to forgive our sinnes, by thy daily renewing spirite, to amend our liues, and by thy fauourable protection, to defende vs in these our troubles, that wee may not bee made a pray vnto the lust of our enemies, wherby we may be made a reproch among those prophane people, and thereby they may triumphe against thee in our overthrow, and say. Where is now their God. Confound and scatter (O Lord) these our enemies, in their impious enterprises and proceedings, as thou diddest those presumptuous people at Babel. Infolde them in the folly of theyr filthy deuises, as thou diddest to Ahithophell. Infeeble theyr force, and smite them with thy Angell, as thou

Psal. 50. 15

Math. 11. 28

Gen. 11. 8

2. Sa. 17. 13

An

A godly Prayer.

1. Re. 19. 25 thou didst the power of Saneherib In they
terrible and desperat attempts, let them bee
drowned, as was Pharaoh. Intrap & over-
take them in their treasons, as thou diddest
Exo. 14. 16 Absalom. Turne them (if any be to bee con-
uerted) as thou diddest Manasses, otherwise
2. Sam. 15 7 let them seele their due punishment, as did
Num. 16. 31 Corah and the rest of his conspiratours. So
wee thy people and sheepe of thy pasture, shall
praysse thee for ever, and from generation to
generation, wee will sette forth thy prayse.
Heare vs O mercifull Father, for Iesus
Christes sake, our onely Mediator and ad-
uocate. Amen.

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A Shielde for a Soul- diour.

Selected out of the Scriptures, con-
taining very necessarye Meditations,
and prayers to be vsed in the
time of trouble.



Did it is nothing with
thee to helpe with many 2. Ch, 14. 11
or with no power. Help
vs O Lord our God, for
we rest on thee, and in

thy name are wee come against thys
multitude. O Lorde thou art our God,
let not man preuaile against thee.

O our God wilt thou not iudge them, 2. Ch, 20. 12
for there is no strength in vs to stande
before this great multitude y^e commeth
against vs, neither doe we know what
to doe, but our eyes are toward thee.

In God doe I trust, I will not bee a- Psal. 56. 11;
fraid what man can doe vnto mee.

O Lord our God, I beseeche thee saue 2. Rc. 19. 19.
thou vs out of our enemies hand, that
all

A shield for a Souldiour.

all the kingdomes of the earth may know y^e thou O Lord art onely God.

Psal. 25. 1, 2. Unto thee O Lord, lift I vppc my soule, my God I trust in thee, let me not be confounded, let not mine enemies reioyce ouer mee.

Psal. 21. 13 Be y^e exalted O lord in thy strength, so shall wee sing and praise thy power.

Psa. 22. 4. 5 Our fathers trusted in thee, they trusted and thou didst deliuer them. They called vpon thee & were deliuered, they trusted in thee & were not confounded.

Psa. 15. 17. 18. 19. The sorowes of my hart are enlarged, draw me out of my troubles, looke vpon my affliction, and my trauel, and forgiue all my sins. Beholde mine enemies for they are many, and they hate me with carnall hatred.

Psal. 30. 10 Heare O Lord and haue mercie vpon me, Lord be thou mine helper.

Psal. 27. 12 Giue me not vnto the lust of my aduersaries.

Psa. 31. 15. 16 My times are in thy hande, deliuer me from the hands of my enemies, and from thē that persecute me, make thy face

A shield for a Souldiour.

face to shine vpon thy Seruant, and
saue me through thy mercie.

Our soule waiteth for y^e Lord, for hee Psal. 33. 20.

is our help & our shield, let thy mercie
O lord be vpon vs, as we trust in thee.

Bleed thou my cause O lord with thē Psal. 35. 1. 2

that strue with me, fight thou against
them that fight against me. Laie hande
vpon the shield and buckler and stande
vp for my help.

Let not them that are mine enemies
triumph ouer me. Psal. 35. 19

Let not them say in their harts, O Psal. 35. 25
our soule reioyce, neither let them saie
we haue deuoured him.

Be mercifull vnto me O GOD, for Psal. 56. 1. 2
man wold swallow me vp, he fighteth
continually and berefh me.

Myne enemies would daily swallow
me vp, for manie fight against mee O
thou most high.

Haue mercy vppon me O God, haue Psal. 57. 1
mercy vpo me, for my soule trusteth in
thee, & in the shadow of thy wings will
I trust till these afflictions ouerpasse.

Giue

A shield for a Souldiour.

Psa. 60.11.

Giue vs helpe against trouble, for
vain is the help of man. Through God
we shall doe valiantly, for he shall tread
down our enemies.

Psa. 70.1. 2

O Lord haile thee to deliuer me, make
haile to help me O Lord. Let the be con-
founded & put to shame that seeke my
soule, let them be turned backward
and put to rebuke that desire my hurt.

Help vs O God of our saluation, for
the glory of thy name and deliuer vs,
and bee merciful vnto our sins for thy
names sake.

Psal 86.1. 2.

Psa. 79.5. 9.

Powze out thy wrath vpon the hea-
then that haue not known thee, and vpon
the kingdoms that haue not called
vpon thy name. So we thy people and
sheepe of thy pasture shall praise thee
for euer; & from generation to genera-
tion we will set forth thy praise.

Psa. 86.1. 2

Incline thine eare O Lord and heare
me for I am poore and needy. Reserve
thou my soule for I am mercifull, my
God saue thy seruant that trusteth in
thee. Be merciful vnto me O God, for

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A shield for a Souldiour.

I cry vpon thee continually.

Reioyce the soule of thy seruant, for
vnto thee O Lord doe I lift vp my soule. Psa. 36, 4, 5
6, 17.

For thou Lord art good and merciful,
and of great kindnes vnto all thē that
call vpon thee. Giue care Lorde vnto
my prayer, and harken to the voice of
my supplication.

Shewe a token of thy goodnes to-
ward me, y they which hate mee, may
see it, and be ashamed, because thou O
Lord hast holpen and comforted me.

O Lord heare my prayer and let my
cry come vnto thee. Hide not thy face
from me in the time of my trouble, in-
cline thine eares vnto me, when I call
make hast to heare me. Psa. 102, 1, 2

Helpe me O Lord my God, saue mee
according to thy mercie. And they shal
knowe that this is thy hande, and that
thou O Lord hast done it. Psal. 109,
26, 27.

Our help is in the name of the Lord Psa. 124, 8.
which hath made heauen and earth.

Deliver me O Lord from mine ene-
mies for I hide me with thee. Psal. 143.

And

A shield for a Souldious.

Psal. 144. 11
12.

And for thy mercie slay mine enemies, & destroy all them that oppresse my soule, for I am thy seruant.

Rescue mee and deliuer me from the hands of Strangers, whose mouth telleth vanitie, and their right hande is a right hand of falshood. That our Sones may be as the plants growing vppon in their youth, and our Daughters as the corner stones, grauen after the similitude of a Pallace.

Psal. 144.
13, 14, 15

That our corners may be full, abounding with diuers sortes; and that our sheepe may bring forth thousands and ten thousands in our streets.

That our Wren may be strong to labour, that there be no inuasion, nor going out, nor crying in our streetes.

Blessed are the people that be so, yea blessed are the people whose God is the Lord.

¶ Our

Our trust against trouble.

That vvee may the more patientlie;
thankfully, and ioyfully carry & ouercome
the crosse of tribulation & trouble. Let vs
first of all consider who is the Author of it.

1. *It is God that sendeth warre.*

AND that is approued vnto vs in
these words. Beholde now for I, I
am he, and there is no Gods with me, I Deu. 32.39
kill and I giue life, I wounde & I make
whole, neither is there any that can de-
liuer out of my hand. *The Isralites con-*
fessed all their afflictions to come from
God. Come (say they) let vs returne to
the Lord: for he hath spoyled and hee Hosea, 6, 1
will heale vs, he hath wounded vs, & he
will bind vs vp. &c.

So that we may learne by this, two
profitable instructions.

1. Albeit the wicked doe make war,
wee must not suppose they doe it of thei-
r selues, for God doth after a sort vse and
send

Our trust against trouble.

send them as his seruants, (and so be-
 rie filly calleth them) because hee ma-
 keth them to serue him by constraint,
 and that which they doo of malice, hee
 turneth to his honoz and gloze, as hee
 did by *Nebuchadnezer*, who when he
 besieged *Ierusalem*, hee did it not of his
 own accorde, for the *Lorde* had said be-
 fore, I will sende *Nebuchadnezer* my
 Seruant. &c.

Iere, 25, 9

2. Although our enemies attempt to
 trouble vs, yet this is our assurance,
 they can proceede no further then *God*
 will permit or appoint them, because
 they are but as instruments to ex-
 ecute his indignation.

Esay, 10, 5,

Sith it is *God* that sendeth warre,
 we are next to consider wherfore or for
 what cause hee dooth commonly vse to
 send it, for he neuer sendeth his visita-
 tion in vaine.

2 Warre is sent as a scourge for sinne.

And that may appeare vnto vs by this
 sentence. If they breake my statutes &
 keepe not my commandments, then
 will

Psal. 89, 31,

Our trust against trouble.

all I visit their transgression with the
rod & their iniquitie with strokes.

And may further
proued to vs in
se places.

Leu. 26, verse, 17

Deut. 28, verse, 20, 22

2, Chro. 20, verse, 9

The Iewes attributed all their afflictions to their sinnes.

Baru. 2, 5, 6

The sins which so prouoke the Lord
punish vs, no doubt are these amongst
manie other.

Cause of his worde.

Contempt of his Minist.

Unquietnes.

Corruption.

Prude.

Whoredome.

Drunkennes,

and such like.

These and such

Israell, Ierusalem,

sins raigned in

and Iudah.

For which sins the Lord did send his
worde amongst them, as you may
read at large, in Esay. 28. Eze. 22. Iere. 5.

So that wee may obserue in this,
see speciall considerations.

That we must not take these trou-
bles to come of course, but acknowledg
our sins to be the cause, and therby we
shall perceiue that God by sending the,
seek nothing but our good, prero-
ging vs gently, least wee perrish in

25, 2.

our

Our trust against trouble.

2, Efd. 16, 15

Pro, 3, 12,

Leu, 26. 6, 7

2, Chr, 12, 12

Ezek, 18, 32

Rom, 2, 5

our sin securely. Behold famine, plague or selu
trouble, and anguish, are sent as scour- ogme
ges for amendement. For whom God the Lo
scourgeth he loueth. 202e a

2. That if we shew an unfained con in gi
fession, and make a true and hartie con emies
trition for our sins, leading our lines in 3. H
better obedience of the worde of God, th
these troubles shalbe taken away from In th
us. For y^e Lorde hath said to those that an ,

do so, I wil send peace in your land, yee lessons
shall sleepe & none shall make you a 1. W
fraid, & the sword shal not goe throghe
your land, yee shal chase your enemies neanes
and they shall fall before you vpon the olwer
sword, & fise of you shal chase an hun tion
dred, & an hundred of you shal put teare b
thousand to flight, & your enemy shal tainst
fal before you vpon the sword. For the goe do

Lord taketh no pleasure in the destru upon H
tion of sinners, but in their conuersion cause th

3. That if wee still perseuere in our cause th
sins without repentaunce (making nooke n
account of this milde coꝛrection lately sent
sent vs) we shall not onelie heape vntoward th
our

Our trust against trouble.

our selues w^oathe against the daie of
our iudgment, but also in this life, procure
Gods Lorde to punish vs seauen times
more according to our sins, and make
conscience giue vs ouer vnto the lust of our e-
conemies. (which God defend.)

3. *How we ought to remedy and defend
these afflictions.*

In that they come of God and not of
man, wee may learne three singuler
lessons.

1. That we must not altogether de-
spise vpon the ordinary and lawfull
meanes as Pen, Punition, & Reb-
uke, for that is abhomi-
nation in the sight of God, as may ap-
peare by that which is pronounced a-
gainst the *Isralites*, Woe vnto thē that
goe downe into Egypt for helpe, & stay
vpon Horses & trust in Charrets, be-
cause they are many, & in horsmē be-
cause they are very strong, but they
looke not vnto the holy one of Israell,
nor seeke vnto the Lorde. And after-
ward there is produced a reason to re-

Leu. 26, 16

Nehc. 9, 28

Esay. 31, 1,

Our trust against trouble.

Esay, 31, 3.

proove them. The Egyptians are men & not gods, & their horses fleshe and not spirit, & when the lord shal stretch out his hand, the helper shall fall, & he that is holpen shall fall, and they shal altogether faile. And y^e Prophet *Jeremie* saith.

Iere, 17, 5

Cursed be the man that trusteth in mā, and maketh flesh his arme, and withdraweth his hart from the Lord. The

Iudg, 20, 20.

same *Isralites* trusting in their strength were discomfited by the *Beniamites*, for

1, Sam, 2, 9

it is written. In his owne might shall no man be strong.

2. That as wee must not neglect the instrumental & lawfull remedy to withstand the aduersary. So we ought especially to respecte the efficient cause, (which is God) who sendeth y^e enemy, remembryng what the *Psalmist* saith.

Psal, 40, 41

Iere, 17, 17

Blessed is the man that maketh the lord his trust, for God can aswel without as with weapon, terrifie & destroy the enemy. *Abiaiah* making war against *Ieroboam*, got the victory not altogether with the multitude of men. But it is there

2, Chr, 14, 11.

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Our trust against trouble.

ere said; hee did the rather preuaile
 cause he and his staid vpon y^e Lorde
 of their fathers. *David fighting a-* 2, Chr, 13, 18
gainst Goliath, y^e huge Giant, although
he did not contemne the Armour King
put vpon him, yet (because he could
not a way withal) hee did not weare it.
Not withstanding, betaking himself to
the sling, and committing his trust in
God, hee overcame his enemy, because
the Lord will haue his power knowne 1, Sam, 17
preuaile. Assuring vs thereby, that 1, 54,
wee fight in faith vnder his defence,
he will neuer faile vs.
 3. That we must both fight with our
 armes and pray with our hearts toge-
 ther, following the good example of our
 fathers in their afflictions. The 1, Sam, 7, 8, 9
 children of *Israell* did not onelie fight
 against y^e *Philistims*, but requested *Sam-*
uell (that notable Prophet) to cry vn-
 to the Lord for them. *Iehoshaphat* fight 2, Ch, 20, 12,
 against his enemies, did withstand
 with weapon & prostrate his Prayer.
Asa warring against the *Ethiopians*, did 2, Ch, 14, 11
 both

Our trust against trouble.

both resist with weapon, and persist in prayer, for as we must not omitte the lawfull ordinaunce (God hath appointed) to defend vs. So we must commit our selues to him, who giueth the successe, & submit both to his protection.

4. *Howe wee may take comfort in these crosses of trouble.*

Let vs but consider what moueth the enemy to intermeddle with vs.

Surely nothing els but sinister occasions as some of these ensuing.

Pretending,

1. To hurt our soueraigne Queene the Lordes annointed.

2. To hinder the free passage of Gods word amongst vs.

3. To destroye the little flocke of Gods folde in this land.

4. To sette abroche all superstition and abomination.

No doubt as their intent is euill, so their successe will be such.

Exo, 14, 16

Paraoh (that tiranicall rebello) making warre against the *Isralites* (that chosen

Our trust against trouble.

Chosen people of **GOD**) could not pre- 1, Ch. 20, 22
uaile, for the Lord drowned him and al
his hoste in the Sea.

The *Moabites & Amonites* (that per-
uerse & wretched people) making war
against *Iehoshaphat* y^e good King of *Ju-
dah*) they were so far from ouercoming
that one enemy did helpe to destroy an
other of his aduersaries.

Sanaherib that great blasphemous ma- 2, Re. 19, 35,
king war against *Hezekiah* that godlie
Prince, had so good successe in his enter-
prize, y^e the Angel of the Lord went out
and in one night smote in the Campe,
an hundred, fourescore and five thou-
sand of his men.

Zerah of *Ethiopia*, making warre a- 2, Chr. 14
gainst King *Asa*, was so farre from gi- 12, 13,
uing the ouerthrow, y^e he and his were
enforced to flie, & receiue the foyle.

Thus we may see by these examples
that although God will sometime pu-
nish his children for their sins, by suffer-
ing the nenemy to assault them, yet
hee will not permit the enemy to pre-
uaile

Our trust against trouble.

uaile ouer his people, so they repēt and
be soꝝy foꝝ their sins, & repose their trust
in their troubles vnder hys defence.

2, Ch, 14, 11 Let vs not be terrified because of the
multitude of men, but let vs remēber
that notable saying of *Aſa* in his trou-
ble, Lorde it is nothing with thee to
help with many or with no power. ffoꝝ
no doubt we may say of our enemy (as
Hezekiah did of *Sancherib*, With him is
an arme of flesh, but with vs is the lord
our God, for to helpe vs and to fight
our battels.

Pſal, 50, 15 Let vs pray without dispaire, consi-
dering what the Lord hath said. Call
vpon mee in the time of trouble, and I
will heare thee. Exo, 17, 11 When *Moyſes* lyfted
vp his hand, *Iſraell* preuailed, but whe
he let downe his hand, the *Amalekites*
preuailed, teaching vs thereby to pro-
strate and perseuere in our prayers,
without fainting, for the Lorde is nigh
to all those that call vpon him in fayth.

Pſal, 145, 18, 5. How we ought to behaue our selues af-
ter troubles for the good successe is sent vs.

¶ We

Our trust against trouble.

We must offer to God the Sacrifice
of prayse and thanksgining.

As the Lord hath promised in our
troubles to heare & helpe vs, so he hath
said. Thou shalt praise me. For of him, Psal, 50, 15
through him & for him are all things, Rom, 11, 36,
to him be glory. Least if we forgette or
neglect to bee thankfull to him for his
benefits, he doth further afflict vs. For
it is said of Hezekiah, (after God had
wonderfully deliuered him from his
enemies) that he did not render accor-
ding to the reward bestowed vpon him,
for his hart was lift vp, and therefore ^{2, Ch, 32, 25}
the wrath of God came against him
vpon *Iudah* and *Ierusalem*.

Therefore that we may the more ef-
fectually offer our prayles to God, let
vs obserue two things.

1. Come, { Of the opposite danger of
our enemy with our safe de-
moration. } liuie.
2. Consider, { Of our unworthy me-
rites, with Gods wonders
full mercie. }

In so doing we shall find Gods good-
nes

Our trust against trouble.

Pſalm. 116.
12, 13, 17

nes ſo ſuperabundant, and our deſerts ſo repugnaunt, that euery one of vs, in the end of our troubles, ſhall be enſoꝝed to ſay as *Dauid* did, What ſhall I render vnto the Lorde for all his benefites towards mee? I will take the Cup of ſaluation and call vppon the name of the Lord. I will offer to him a ſacrifice of prayſe.

Gen. 14, 19

Melchizedeck gaue thanks foꝝ *Abrahams* victoꝝy.

Exo. 15, 1, 2

Moyſes and the *Iſralites* ſong prayſes foꝝ their deliuerance.

Iudg. 5, 1, 2

So did *Deborah*, *Barak* and oꝝuers others.

Pſal. 50, 33

For if the Lorde ſmelled a ſauour of reſt at the burnt offering of *Noah*, how acceptable wil our praifes be, that proceede from a contrite hart, ſith ꝑ Lorde himſelfe ſaith: Hee that offereth mee prayſe ſhall gloriſie me.

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A tryumphe after trouble.

Contayning a prayse or thankes-
giuing, fir for euery Christian to offer
and confesse to God, for the benefite
of their deliuerance.

Collected out of the Scriptures.

I will magnifie thee O Lord, for Psal, 30, 1
thou hast exalted mee, and hast not
made my foes to reioyce ouer me.

By this O Lord I knowe that thou Psal, 41, 11,
fauourest me, because my enemy doth
not tryumphe against me.

Thou hast turned my mourning in, Psal, 30, 11
to ioy, thou hast loosed my sacke & gyrded
me with gladnes. Therefore shall
my tongue prayse thee, and not cease:
O Lord my God I will giue thanks
vnto thee for ever.

I will alwaies giue thanks vnto the Psalms, 34
Lord, his praise shall bee in my mouth
continually, my soule shall gloze in the
Lord,

A triumph after trouble.

Lord, the humble shall heare it and be glad. Praise ye the Lord with me and let vs magnifie his name together, I sought the Lord and he heard me, yea he deliuered mee out of all my feare.

Psalm, 44, 5
6, 7, 8,

Through thee haue we thrust backe our aduersaries, by thy name haue we troden downe them that rose vpp against vs, for I do not trust in my bow neither can my sword saue mee. But thou hast saued vs from our aduersaries, and hast put them to confusiō that hate vs. Therfore will we praise God continually, and wil confesse his name for euer.

Psalm, 56, 12

Thy bowes are vpon me O GOD. I will render praise vnto thee.

Psalm, 59, 16,

I will sing of thy power and praise thy mercy in the morning, for thou hast beene my defence and refuge in the day of my trouble.

Psalm, 63, 5, 6

My soule shall be satisfied as with marowe & fatnes, and my mouth shall praise thee with ioyful lips, when I remember thee on my bed, and when I thinke

A triumph after trouble.

think vpon thee in the night watches,
because thou hast bene my helper, there-
fore vnder the shadowe of thy winges
will I reioyce.

I loue the Lord because hee hath Psal. 116
heard my voice and my prayers. I wil 1, 17, 18,
offer to thee a sacrifice of praise & will
call vpon the name of the Lord. I will
pay my vowes vnto the lord, euen now
in the presence of all his people.

The Lord is my strength and song, Psal. 118, 14,
for he hath bene my deliuerance.

Blessed bee the Lord my strength, Psa. 144, 1, 2
which teacheth my hands to fight, and
my fingers to battell, he is my goodnes
and my fortreffe my Towre & my de-
liuerer, my shield and in him I trust.

If the Lord had not bene on our side Psal. 123, 1, 2
when men rose vp against vs, they had
then swallowed vs vp quicke, when
their wrath was kindled against vs.

Praised bee the Lord which hath Psal. 124, 6
not giuen vs, as a praye vnto theyr
teeth. Amen.

FINIS.

